

Year 7: Buddhism

Knowledge Organiser

Keywords:

Keyword	Definition
Siddhartha Gautama	Prince who became the Buddha
Meditation	Focusing your mind for a period of time
Suffering	Going through pain
Dissatisfaction	Not being happy with life
Self-Denial	Going without something you crave
Temple	Place of worship
Nirvana	State reached after enlightenment
Prince	Person of royal blood
Renunciation	Rejecting something
The Middle Way	Teaching of the Buddha
Symbol	Image that represents something
The Buddha	Founder of Buddhism
Contentment	A state of happiness
Truth	Facts or beliefs believed to be true
Reincarnation	Being born again
Enlightenment	Finding the answers to life
Lotus	Type of flower
Attachment	Being attached to something in particular
Eightfold Path	Buddhist teaching
Mindfulness	state of being conscious or aware of something

Key Knowledge:

The life of the Buddha:

Siddhartha Gautama was an Indian prince. He was born about 560 years before the time of Jesus. When he was born a wise man prophesied that if he ever saw suffering he would become a religious leader instead of a king. His father decided that he must never see suffering so he decreed that Siddhartha must never go outside the royal palace and its grounds. Eventually Siddhartha became bored and wanted to know more of the world. One day, he sneaked out of the palace while his father was not looking. While he was outside he saw four things that surprised and worried him. He thought about those things for a long time.

The four things that Siddhartha saw

He saw an old man. He had never seen an old person before.
 He saw a sick man. He had never seen anyone unwell before.
 He saw a dead body and relatives weeping around it. He had never heard of anyone dying.
 He saw a holy man. He had never seen a holy man before. He spoke to the man who told him that he had left his home, his friends and his family and was wandering from place to place trying to find the meaning of life.

The four noble truths:

Dukkha: Suffering exists:
 Samudaya: There is a cause for suffering.
 Nirodha: There is an end to suffering.
 Magga: In order to end suffering, you must follow the Eightfold Path.
 The fourth truth is that the Noble 8-fold Path is the path which leads to the end of suffering.

The Noble Eightfold Path



Enlightenment and Meditation

Buddhism is a tradition that focuses on personal spiritual development. Buddhists strive for a deep insight into the true nature of life and do not worship gods or deities. Buddhism is different from many other faiths because it is not centred on the relationship between humanity and God. Buddhists do not believe in a personal creator God.

Enlightenment and Nirvana:

Buddhists believe that there is a cycle of birth, life and death and rebirth. This goes on and on. They believe that unless someone gains Enlightenment, when they die they will be reborn. If a person can gain Enlightenment, they can break out of this cycle. Breaking out of the cycle is called Nirvana (sometimes called Nibbana). It is the end of everything that is not perfect. It is perfect peace, free of suffering.